



**RADIO PUBLIC SERVICE**

**ANNOUNCEMENT**

**: 60 SECOND LIVE-READ**

**:60 - Have you heard?**

**You can prevent type 2 diabetes. And you don't have to knock yourself out.**

**It's about small steps. If you're over 45 and overweight, you are at risk for diabetes. Lose a small amount of weight by being physically active 30 minutes a day, five days a week and eating healthier.**

**Take your first step today to live a longer and healthier life. Talk to your health care provider about your risk for type 2 diabetes.**

**For free materials, call the National Diabetes Education Program at 1-800-438-5383 and ask for "Get Real" tip sheet.**

**This is a message from [insert organization] and the Department of Health and Human Services' National Diabetes Education Program.**